

Base Briefs

READINESS TIPS

Clean the MCU-2/P series gas mask with mild liquid detergent and warm water. Alcohol towelettes may be used for expedient sanitation. Do not place the mask in boiling water. Do not wash the canister. Do not dry wipe the mask lens to avoid scratching.

CLINIC CLOSURE

The medical clinic will be closed Jan. 22 for training.

Call 606-CARE for urgent needs.

RETIREMENT

The retirement ceremony of Senior Master Sgt. Richard Palmer begins at 2 p.m. today in the 14th Air Force conference room in Bldg. 10577.

URGENT CARE

The medical clinic's family practice section will provide same-day urgent care services only Monday and Tuesday. Questions should be directed to 606-3308.

OPTOMETRY CLINIC

The optometry clinic is open to all active duty, and TriCare Prime dependents (active or retired). Per TriCare Prime guidelines, dependents of active duty are authorized one eye exam each year.

TriCare Prime retirees and their dependents are authorized one eye exam every two years. Space available appointments are available for all other categories of DoD beneficiaries.

Call 606-0468 to schedule an appointment.

GIRL SCOUTS

Girls Kindergarten through 12th Grade interested in joining the base girl scouts should call 606-1119. Adult volunteers are also needed.

EDUCATION RECORDS

The education office is releasing all hard copies of education records. Anyone wishing to obtain his or her copy should do so by Jan. 30. All remaining documents will be shredded. Call 605-5904 for details.

BREAKERS

The quarterly birthday meal is Thursday. Military members with birthdays in the months of October, November and December are invited to dine at 5:30 p.m.

Breakers Dining Facility will also have an advisory board meeting 10 a.m. Wednesday. Call 606-5496 for details.

TOUR GUIDES NEEDED

Public Affairs is in need of tour guides for groups visiting and touring the base. Tour guides would be responsible for tour itinerary preparation for their assigned groups to include: coordination and approval of facilities to tour; all logistics support (transportation requests, entry authorization lists, occasional dining arrangements); meeting and clearing groups at the Visitor Control Center;

See BRIEFS Page A2

By 1st Lt. Michelle Mayo

30th Space Wing Public Affairs

Just five days into the New Year, Team Vandenberg geared up for battle during a full-scale field mobility exercise at North Star here that began Monday and runs through this coming Wednesday.

"This one's big," said Maj. Sam Ayars, chief of inspections and exercises. "We're deploying people. We're rolling vehicles. Security forces and civil engineers are responding to scenarios."

The event began with the deployment of 180 people on Tuesday.

"Our goal is to have every unit that has a real-world tasking is processing through the deployment line," Maj. Ayars said. "We're checking their bags, records and gear to make sure that everything is good to go."

Deployed members were convoyed Wednesday to the North Star training site to set up a bare base location where they endured simulated missile attacks, mortar attacks and power outages.

"This exercise went through scenarios that we might go through when we're over there, and we'll be prepared for those situations," said Senior Airman Miguel Larkin, 30th Security Forces Squadron, who is scheduled to deploy. "Just the experience itself is helpful."

"In order to prepare for war or to respond to real-world events, we have to stay sharp, stay ready, and stay focused all of the time," Maj. Ayars said.

A newly restructured battlestaff will be put to the test Monday and Tuesday.

"It's going to be a full 48 hours of non-stop battlestaff operations," Maj. Ayars added.

The battlestaff is more than ready to take on the challenge, said Lt. Col. Robert Graves, a battlestaff Team Chief and the 30th Operations Support Squadron Operations Officer.

"We've restructured the battlestaff, so that we're postured to better respond to contingencies," he said. "A lot of work has gone into establishing new procedures to get us ready. The exercise is the next step to making sure that we can respond smoothly to real-world events."

The exercises have taken on an added urgency as the wing gears up for an Operational Readiness Inspection in the spring.

"The upcoming inspection gives us even more motivation to be as sharp as we can be," Maj. Ayars said.

New AF fitness test in effect

By Airman 1st Class Juanika Glover

30th Space Wing Public Affairs

The new Air Force fitness standards took effect Jan. 1 and all Vandenberg units are scheduled to test between January and July of this year.

To give people an idea of what to expect, Team Vandenberg first got a peek at the new scoring chart in October 2003. To make Air Force members more combat and deployment ready, the standards have been compiled from four categories, which include: push-ups, crunches, a mile and a half run and abdominal circumference. Only those people on a physical profile will be tested using the bike test.

When explaining the reasoning behind the change, Air Force Chief of Staff Gen. John Jumper said in his July 2003 Sight Picture, the amount of energy devoted to fitness programs isn't consistent with the growing demands of the warrior culture.

"My belief is that we are a much different Air Force today," General Jumper said. "We deploy to all regions of the world, living in tent cities and working on flight lines in extreme of temperatures."

He said he expects units to help those individuals having trouble meeting standards

Scoring the new test



100 possible points

90 and above excellent
75 to 89.9 good
70 to 74.9 marginal
69 and below poor

run 50 points
body composition 30 points
push-ups 10 points
sit-ups 10 points

until they do meet standards.

Each component of the test is compiled of points, and when added up, they amount to a total score that ranges from excellent to poor.

"I think the goal is to be good in all areas," said Tyson Grier, Health and Wellness Center director. "The key to total health and fitness is diet and exercise."

See FITNESS Page A4

2004 fitness testing schedule

Jan.: 0-6s, E-9s, 30 SW, 30 CPTS, 30 MDG
Feb.: 30 OG, OSI
March: 30 CES, 30 MSG, 30 MSS
April: 30 SFS
May: 30 LRS, 22 Space, 30 CONS, 4 Space, 30 SVS, ANG, 614th, 14th
June: 533 TRS, 381 TRS, 392 TRS, 532 TRS
July: 576 FLTS, 595 SG, 17 Test, 30 LCG



PHOTO BY STAFF SGT. CHUCK WALKER

Master Sgt. Eugene Moody, Jr., 30th Security Forces Squadron, helps hunt down opposition forces during Wednesday's portion of the base exercise at the North Star training site.

Vigilance is everyone's job

By Airman 1st Class Bryan Franks

30th Space Wing Public Affairs

Guess who's watching for terrorist activities? It's not just Homeland Security, the CIA or even the Department of Defense — it's all airmen.

Following 9/11 the Air Force established a program called Eagle Eyes. The program strongly encourages military members to report suspicious activities to base authorities.

"It's basically like a neighborhood watch for the base," said Special Agent Creighton Roberts, Air Force Office of Special Investigations here. "But it requires people to report suspicious activities to us for it to work."

When someone reports a suspicious activity, the OSI investigates the claim.

"Every call is looked into," Agent Roberts said. "We want people to report any suspicious activity regardless of how small or insignificant. Our job is to investigate all suspicious activity reports to determine whether the activity poses a threat to our

community on and off base."

When a report is given to the law enforcement desk, security forces responds then notifies the proper agencies, said Tech. Sgt. Chevelle Cromwell, 30th Security Forces Squadron.

When a claim is determined to be a threat, OSI generates a Talon report.

The Talon is then sent to all federal agencies including the Federal Bureau of Investigations, the Central Intelligence Agency and the Department of Homeland Security, Agent Roberts said.

Talon reports are also shared with all DoD investigative branches and local authorities.

"This program is now worldwide," he said. "The Air Force started it, but now everyone uses it."

OSI headquarters receives and compiles the Talon then analyzes the data to find trends. They then share their findings with participating agencies.

See WATCH Page A2



Find out about this year's pay raise on Page A2

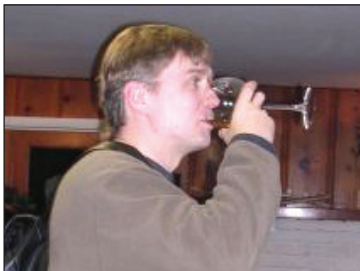
In this issue of the



Also view
The Space & Missile Times at
www.vandenberg.af.mil and click
the Space & Missile Times button.



Kody Probert is the
Baby New Year for
2004.
See Page A4.



Destinations Central
Coast taste tests the
wine and misses out
on lunch in Los
Olivos.
See Page B1.

Weekend forecast
Cloudy with rainshowers Friday.
Warming up by Sunday.
Low/High
40/63
For a full Vandenberg weather
report, visit
www.vandenberg.af.mil/30sw/
organizations/30og/weather/weather

New Year brings military pay raise

By Army Sgt. 1st Class Doug Sample
American Forces Press Service

■ Military personnel will see their basic pay more in line with their civilian counterparts in the private sector in 2004 thanks to an increased pay and benefits compensation package.

The package is included in the 2004 Defense Authorization Act approved by Congress. The 2004 military pay and benefits plan provides a 3.7 percent across-the-board pay increase, said Col. Virginia Penrod, director of military compensation for the Department of Defense. It also

targets pay increases for non-commissioned officers, some as high as 6.25 percent for senior-enlisted servicemembers.

“The NCOs, E-5 through E-9, will receive targeted pay raises from 4.6 to 6.25 percent,” she said.

The highest pay raises, 6.25 percent, will go to E-9s with 26 years or more service.

“This [raise] recognizes the contribution of our senior non-commissioned officers and our career-enlisted force,” Col. Penrod said. “All NCOs will receive some form of a targeted

raise, and the pay increases as the grade increases.”

An average increase of almost eight percent for military basic allowance for housing is also included in the package. Military out-of-pocket expenses for housing are down to about 3.5 percent for January 2004 and “should be at zero in 2005,” Col. Penrod said.

Another area of increased pay will be special and incentive pay, such as imminent danger pay and family separation pay.

Other new measures in the 2004

compensation package allow services to offer incentive pay to get officers to extend overseas tours.

Also, beginning in 2004, the new compensation package will start phasing in percentage increases each year. The increase in amounts are offset under current law for military retirees with a Veterans Affairs disability pay. Currently a veteran’s retirement pay is reduced by a percentage of the disability pay received from VA.

Beginning in 2004, veterans will receive an increased portion of the “offset” to their retirement pay, Col. Penrod said.

Another pay benefit for veterans in 2004 will be in combat-related special compensation programs for retirees whose disability is directly related to combat or training for combat. The retiree must have had 20 years of service to qualify.

DoD officials said they remain committed to the preservation of a compensation and benefit structure that will provide members with a suitable and secure standard of living and will sustain a trained, experienced and ready force in the future.

Commissaries respond to “mad cow” disease reports



PHOTO BY STAFF SGT. CHUCK WALKER

Justin Austin, meat cutter, prepares ground beef Tuesday at the commissary here.

■ **FORT LEE, Va.** – In response to news reports concerning an incident of “mad cow” disease, the Defense Commissary Agency has issued a statement.

“We are always very concerned about our customers’ safety,” said Col. Mark Wolken, chief of public health, safety and security for DeCA. “We are taking every action to make sure our stores and customers are informed about the situation, but I can’t emphasize enough that we will continue to follow the USDA lead on any further action to insure the beef in our stores is safe.”

Agriculture Secretary Ann Veneman announced Dec. 23 that the U.S. Department of Agriculture has diagnosed a presumptive positive case of bovine spongiform encephalopathy, also known as “mad cow” disease in an adult Holstein cow in the state of Washington.

“Despite this finding, we remain confident in the safety of our beef supply,” Secretary Veneman said.

“All beef sold in commissaries is USDA inspected and all commissaries follow USDA guidance,” said Col. Wolken. As always, customers who wish to return products they have purchased in a commissary for a full refund may do so without question.

Customers should check the Food Safety link on www.commissaries.com for the latest news on the situation as well as links to fact sheets and the latest information from the USDA.

WATCH:
From page A1
“Report suspicious acts helps make Vandenberg safer,” Agent Roberts said.
“The program works as long as people participate.”
Some of the things people are asked to report are:
☐ Suspicious persons in, on or around military bases.
☐ Surveillance activities such as someone recording or monitoring base activities. This includes the use of still or video cameras, taking notes, drawing diagrams, annotating on maps, or using binoculars or other vision-enhancing devices.
☐ People or organizations attempting to gain information about military operations, capabilities or people. They may also attempt to gain information by mail, fax, telephone or in person.
☐ People testing the security of the base by measuring reaction times to security breaches or by penetrating physical security barriers or procedures in order to assess strengths and weaknesses.
☐ People purchasing or stealing explosives, weapons, ammunition, trying to acquire military uniforms, decals, passes or badges or any other controlled items.
☐ People who seem out of place or don’t belong, whether it’s the workplace, neighborhood, business establishment or anywhere else. This includes suspicious people who don’t fit their surroundings.
The Eagle Eyes program at Vandenberg has created 37 talons since the program was started.
To report suspicious activity or for more information, call the OSI office at 606-1852 or the 30th SFS at 606-3911.

BRIEFS:
From page A1
briefing script presentation; and escorting the group for their entire stay on Vandenberg. Tours are conducted Mondays through Thursdays between 8 a.m. and 3:30 p.m. only.
PA is the initial point of contact for the groups, receive pertinent information, then provide tour guides with necessary materials and briefings by PA and take over the tours from that point.
Call Public Affairs at 606-3595

if interested.

CALLING WRITERS
Air Force Public Affairs is supporting a book entitled, “Women Write the War.”
The author is looking for women’s first person perspectives on the War in Iraq. Submissions can include stories, poems and letters to loved ones.
Those interested in participants should to call Staff Sgt. Rebecca Danét at 606-3390.

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For information about the Space & Missile Times, call the staff at (805) 606-2040.



New Year brings “Blue” Challenges

By COL. FRANK GALLEGOS
30th Space Wing commander

Team V, welcome to the New Year! I trust everyone had a wonderful and restful holiday season.

Now that everyone is back safe, I'm sure you've noticed the fast pace of 2004 has already begun.

We have an outstanding chance to face numerous challenges ahead of us in 2004 – and to have fun along the way.

As leaders, I challenge each and every one of you to “Think Blue.”

While one of our first tasks under “Think Blue” will be to walk away with an Outstanding rating from the upcoming, no-notice operational readiness inspection, the concept will not disappear after the inspection.

It's about adopting a mindset, it's about accepting that our mission is first and foremost to provide assured access to space, operate the Western Range and test the accuracy and reliability of our ballistic missile force and then delve into how we can improve on our processes to make sure we are doing the right



thing for the mission and our people every time. We've already taken some positive steps with the Think Blue mindset.

In December we stood up the first Launch Group in Air Force Space Command and we will officially commemorate that transformation in a ceremony on Jan. 22.

We are changing our approach to how we do business.

We have streamlined and operationalized the space lift process from acquisition to launch because it was the smart thing to do and because it is the

right thing to do and it will reap many benefits in years to come as we continue to Think Blue and progress with the wing's transformation.

We have to continue to Think Blue throughout, because the challenges are coming fast and furious. Between now and March we will have three launches, probably an ORI, a wing transformation ceremony, we will

deploy as many as 189 people for AEF 7 and we are still pressing forward with Guardian

Challenge preparations and ensuring the operational interceptors achieve initial defensive operations by Oct. 1—it's a full schedule, but I know you all can do it, because you are all warriors at heart.

We need to be ready. This wing is going to be stressed hard in the next few months but I have confidence in each and every one of you and I know we will do great if we focus on doing the right thing to get the mission done.

Each of you is essential to the singularly unique mission of this base so be sure to play it smart on and off duty. Take safety precautions, pay attention to detail and always have a plan. Together we will succeed if we Think Blue and sprint through the finish line on all these events! Go HAWKS!

Commander's Action Line
Call 606-7850 or
E-mail your message to
actionline@vandenberg.af.mil



Col. Frank Gallegos commander

rest of the story please. I have an automobile that needs a higher octane to operate properly – why is it not offered at the base station? It is much more expensive elsewhere, presenting a financial burden.

A: In September, a routine inspection uncovered some problems with the vapor recovery system of the premium tank. Regulations forced us to close that tank.

After reviewing the problem with the 30th Civil Engineer Squadron and contractors, it was decided that the necessary repairs would not be cost effective and would cause a major disruption in service.

With a new station scheduled to open in late summer 2004, we reluctantly made the decision to forego the repairs to the current service station. Thank you for giving us the chance to explain the problem.

HAWK'S Point of View “What’s your New Year’s resolution?”



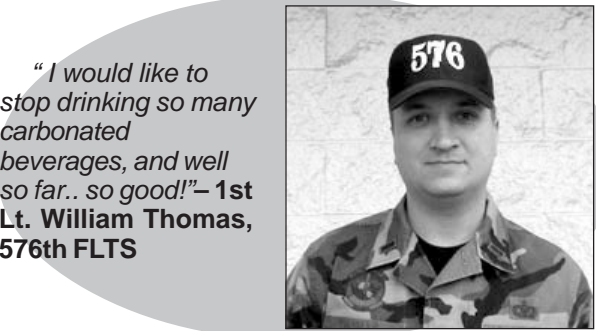
“To be more successful in the days to come.” – Airman 1st Class Felicia Williams, 30th Space Wing.



“My resolution is to keep in touch with my wife.” – Lt. Col. Steve Watters, 425th Civil Affairs Battalion.



“My goal is to lose just six pounds, if I do that I'll have met my goal.” – Lou Yarling, spouse



“I would like to stop drinking so many carbonated beverages, and well so far.. so good!” – 1st Lt. William Thomas, 576th FLTS

No need to complain about ‘another exercise’

By STAFF SGT. NATE HIER
3rd Wing Public Affairs

ELMENDORF AFB, Alaska – Exercises can undoubtedly be a colossal pain in the south end of a north-bound horse. When the kids are sick and can't go to the child development center, Mom's on days and Dad's on nights, there are times when it's hard to keep a positive outlook on why we have to train like we do.

Answering the phone to a recall at about 4 a.m. or so on a Wednesday, knowing immediately you won't get a day off for quite awhile, can make it easy to lose sight of the reason that call came.

That is until you take a few minutes to pick up a paper or watch the news.

Our comrades-in-arms in Iraq and Afghanistan aren't worried about working through weekends – they're worried about accomplishing the mission and coming home in one piece.

They're not looking forward to a day off; they're worried about when and where the next mortar attack might come from. You could get all that just from watching the news.

And that might make you think twice before complaining about playing your part in an operational readiness exercise at home.

I'm ashamed to say I have even more reason to understand why we exercise, and I have no right to complain. Like many people, I've got friends over there right now and others who just

returned. To say the least, it's no trip to Prince Sultan Air Base, Saudi Arabia.

I don't mean it wasn't a worthy accomplishment to have served in operations Northern Watch or Southern Watch. In this day and age of operations tempo, virtually any of us who have been in a couple of years have made at least one, if not multiple trips to Southwest Asia.

Any time you spend away from family and friends to protect the freedoms we hold dear is an important and noble sacrifice; however, when I think about my last trip to the sandbox, it's about a million miles away from what our brothers are going through right now as we do our part in the exercise and then go home to sleep in our own beds.

The only bunker run I made in three months in Saudi lasted about 15 minutes – and it was just for an accountability exercise. In many places, they're making multiple, real-world bunker runs every week. There's a reason people are dying over there – it's no exercise, and it isn't going to end in eight days.

I have a friend who would shoot me occasional e-mails to let me know how things were going on his recent deployment. My messages to him consisted of World Series updates and weekly accounts of NFL football. His replies were of very different subject matter. They were about mortar attacks; sleeping in bunkers; living in a helmet and flak vest; and most sadly, of people getting hurt and others dying.



PHOTO BY STAFF SGT. CHUCK WALKER

Hometown: Schertz, Tx.
Time in service: 11 months

Time on station: 7 months
Role in mission: Quality Examination Technician

How do you contribute to the wing mission? I input and process all military pay documents. I am the leave Web monitor and I provide customer service to all active-duty military assigned to Vandenberg AFB.

What do you like best about the Air Force? The team attitude, and having an atmosphere that I can accomplish anything and the support needed to accomplish it.

If you could change one

thing about the Air Force what would it be? Ensure military couples are always assigned together.
How do you fulfill the Air Force core values? Through dedication and pride in all I do.

What's the most exciting experience you've had so far in the Air Force? To finally join my husband after Basic Training and Tech School.

How would you improve life at Vandenberg? By extending the hours at the medical facility, base exchange and commissary.

Who are my role models and why? Christ and my parents have given me the courage, wisdom and knowledge to make a difference in the world.
Who is your favorite leader in history and why? Maj. Gen. Jeanne Holm. Because of a statement made by Brig. Gen. Jean Klick. "I can say in absolute candor and honesty that we wouldn't have women in the Air Force without Jeanne Holm."

Favorite movie and book: Movie: Gone with the Wind; Book: The Green Mile
Hobbies: Interior decorating and organizing.

Hometown: DuBois, Pa.
Time in service: 8 years Military (Air Force), 13 years Contractor
Time on station: 21 years
Role in mission: System Administrator
How do you contribute to the wing mission? Provide support for the 30th Comptroller Squadron, to include network, hardware and software. Help deploy new financial systems and maintain once installed. Troubleshoot problems with software and connectivity with other bases.

What do you like best about the Air Force? The Air Force is like a family with many brothers and sisters. When you are in trouble there is always someone there to help you.
If you could change one thing about the Air Force what would it be? The idea of downsizing. Instead of downsizing the force, find different roles.

How do you fulfill the Air Force core values? Integrity first and duty before self.

What's the most exciting experience you've had so far in the Air Force? Watching the Shuttle Enterprise fly in on a 747 and watching the second launch of the MX missile from the VIP area.

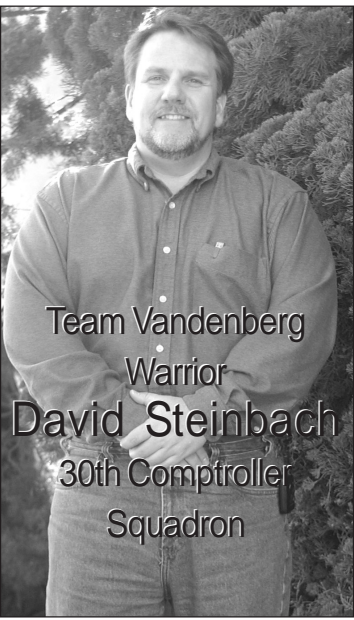


PHOTO BY STAFF SGT. CHUCK WALKER

How would you improve life at Vandenberg? Provide more things to do for the young airmen.

Who is your role model and why? President Bush. He has had to deal with tragic events in epic proportion and gave us strength when we needed it.

Who is your favorite leader in history and why? Abraham Lincoln. Providing strength to the country when the country needed strength.
Favorite movie: Clear and Present Danger
Hobbies: Computers, spending time with my children, and going to the gym.

CLIP AND SAVE!
DON'T DRINK AND DRIVE
Call Airmen Against Drunk Driving



For a free and confidential ride home, call Airmen Against Drunk Driving at 606-AADD or 605-AADD (2233).

New Year's baby



PHOTO BY AARON LAMBERT, SANTA MARIA TIMES

Tech. Sgt. Brian Probert, 533rd Training Squadron, and wife Vanessa hold their son Kody New Year's Day at Marian Hospital in Santa Maria. Kody was born at 12:53 a.m. making him the first baby of the year born at Marian.

Ban on DoD anthrax immunizations lifted

By SENIOR AIRMAN BRIAN HILL
30th Space Wing Public Affairs

■ The ban on the Defense Department's anthrax vaccine immunization program was lifted Wednesday.

This new ruling follows the initial injunction Dec. 22 by the U.S. District Court for the District of Columbia.

The DoD was granted their motion to limit the injunction to six plaintiffs who have a pending lawsuit against the Secretaries of Defense and Health & Human Services and the Commissioner of Food & Drugs in the U.S. District Court for the District of Columbia.

The six allege anthrax vaccine is an "investigational new drug," according to Title 10 United States Code section 1107, necessitating informed consent before vaccination.

DoD, HHS, and FDA have responded that the FDA has determined that because the approved label is nonspecific as to route of exposure to anthrax spores, it includes inhalation exposure – consequently, informed consent is not required.

Safety of the vaccine has never been the focus – the Food and Drug Administration has found it to be safe.

"In the absence of a presidential waiver [of informed consent], defendants [DoD, HHS,

FDA] are enjoined from inoculating service members without their consent," wrote Judge Emmet G. Sullivan in his initial injunction against mandatory anthrax immunizations.

The DoD contends that the purpose of military vaccination programs is to keep servicemembers healthy and safe.

There is no reason for concern that stopping the anthrax series causes harm. The concern is that immunity levels will not increase because of delayed doses. However, science has shown that the body will have a good antibody response.

DoD-wide, more than 1 million servicemembers have been vaccinated since the beginning of the program in March 1998. Since June 2002, when the program was re-initiated after it had been slowed down because of a period of constrained vaccine supply, more than 600,000 servicemembers have been vaccinated.

At Vandenberg, more than 600 airmen have started the anthrax vaccine since July 2002.

The Food and Drug Administration licensed anthrax vaccine for protection against Bacillus Anthracis – the bacterium causing anthrax –

when used in accordance with the approved labeling.

The Food and Drug Administration reaffirmed this position in numerous testimonies to Congressional committees throughout the past three years. Based on human and animal data, The National Academy of Sciences' Institute of Medicine concluded in March 2002 that anthrax vaccine is "an effective vaccine for the protection of humans against anthrax, including inhalational anthrax, caused by all known or plausible engineered strains of Bacillus Anthracis."

Anthrax is highly lethal, relatively easy to produce in large quantities and to develop as a weapon, easily spread in the air over a large area and it can be stored and remain dangerous for a long time. For this reason, anthrax may be the most important biological warfare threat facing U.S. forces.

The intelligence community believes several countries currently have or are developing an offensive biological warfare capability using anthrax. Given the ease with which anthrax can be produced, U.S. forces may have little or no warning before an anthrax attack, which could be delivered by unconventional means.

Crimebeat

COMPILED BY MASTER SGT. WESLEY ASLESON
30th Security Forces Squadron

Dec. 31
Domestic disturbance - 8:28 a.m.

An airman's wife reported a verbal altercation with her husband at their home on Heath Street. Investigation revealed the airman and his wife were arguing about marital difficulties since 8 a.m. and she called security forces to remove the airman from the quarters. The airman departed the home on his own accord. His first sergeant was briefed.

Tag, you're it! - 11:29 a.m.

A Vandenberg base exchange detective detained an airman's 16-year-old son for shoplifting. Investigation revealed the son removed a "half price" tag from a sale item and placed it on a pair of Nike shorts, which he then purchased.

The shorts were valued at \$28. He was cited and released to his sponsor.

Drag...racing? - 9:09 p.m.

A patrolman stopped a non-base affiliated civilian for erratic driving on Highway 246 adjacent to 13th Street. Patrolmen became suspicious of the male driver after noting he was wearing women's underwear and a black tee shirt (apparently unisex). The civilian found it necessary to explain he was on his way to a "clothing swap party."

Patrolmen couldn't help but notice several women's undergarments, a camera, and petroleum jelly while "looking" through the vehicle windows. The driver was released after passing a Field Sobriety Test.

Jan. 1

You got my attention! - 1:32 a.m.

The Timber Lane gate sentry suspected a non-base affiliated civilian of driving under the influence. His vehicle tires screeching through the intersection were a dead giveaway. After refusing a Field Sobriety Test, a California Highway Patrol officer took him into custody.

Driving under the influence too! - 2:10 a.m.

A patrolman suspected an airman's husband of driving under the influence after a minor traffic violation on Cameron Drive. He failed a Field Sobriety Test and his breath alcohol content was .11. He was cited into Federal Court and released.

Off-base arrest – 5:00 a.m.

A routine check of local jails revealed an airman serving time in the Santa Maria jail for driving under the influence. His breath alcohol content was .16. His commander and first sergeant were notified.

Domestic battery - 10:34 p.m.

The Vandenberg fire department dispatcher reported receiving a 911 call from an airman on Juniper Street due to his wife having trouble breathing.

Investigation revealed the airman

choked his wife in the midst of a domestic dispute.

She was transported to the Lompoc Hospital Emergency room for treatment. The airman was apprehended for assault and battery and released to his first sergeant.

Jan. 2

Suspicious sighting- 9:13 a.m.

An airman's wife reported seeing a bearded, middle-aged man wandering in the yard of a vacant home on Buckeye Street. Patrolmen searched the area but did not find the

subject and the vacant home was secure.

Jan. 3
You snooze, you lose! - 8:58 p.m.

Patrolmen reported observing a non-base affiliated civilian "passed out" in his parked car on Highway 246 adjacent to Surf Beach.

Investigation revealed the civilian was under the influence of alcohol. A California Highway Patrol officer took him into custody.

It's a small world - 11:11 p.m.

An airman's father-in-law reported concern for his son's welfare after attempting to contact him by telephone at his quarters on Terrace Court since Dec. 31.

Investigation revealed the home was in order. The airman's supervisor said the airman was spending the weekend at Disneyland. The father-in-law was notified.

Jan. 4

Telephone threats – 4:24 p.m.

An airman's wife reported her ex-husband called her with harassing threats at her home on Bristol Drive. An incident report was accomplished.

Jan. 5

Government property damage – 10:20 a.m.

A 30th Services Squadron employee reported government property damage at the Youth Center. Investigation revealed person(s) unknown destroyed a billiard ball.

YOU NEED TO KNOW: Effective Jan. 1, 2004, several new California driving laws were instituted: For example, the fine for not buckling one's seat belt is going up, children who are required to be in a child safety seat must now sit in the back and you can no longer place a video screen in front of a driver while your car is moving.

Parents of teens also face misdemeanor charges if they knowingly provide alcohol to anyone under 21 who drives and causes a traffic collision. The new California Vehicle Code will address specific exceptions.

****Editor's note:** Although the Space & Missile Times may make light of some blotter entries, the intent is to call attention to our security and law enforcement concerns. However, rest assured, our professional Security Forces treat each incident seriously.

This week in history ...

COMPILED BY AIRMAN 1ST CLASS JUANIKA GLOVER
30th Space Wing Public Affairs

January 4

1957 – The Military Air Transport Service (MATS) completes "Operation Safe Haven" bringing 10,000 refugees to the U.S.

January 5

1943 – The allied Air Forces in Africa is activated under Maj. Gen. Carl Spaatz.

January 6

1912 – New Mexico is admitted into the United States as the 47th state.

1944 – Maj. Gen. James Doolittle assumes command of the 8th AF.

January 7

1999 – The impeachment trial of President Bill Clinton, formally charged with lying under oath and obstructing justice, begins in the Senate.

As instructed in Article 1 of the U.S. Constitution, Supreme Court Chief

Justice William Rehnquist was sworn in to preside, and the senators were sworn in as jurors.

Congress had only attempted to remove a president on one other occasion: the 1868 impeachment trial of President Andrew Johnson, who incurred the Republican Party's wrath after he proposed a conservative Reconstruction plan.

January 8

1867 – Congress overrides President Andrew Johnson's veto of a bill granting all adult male citizens of the District of Columbia the right to vote, and the bill becomes law. It was the first law in American history that granted African-American men the right to vote. According to terms of the legislation, every male citizen of the city 21 years of age or older has the right to vote, except welfare or charity recipients, those under

guardianship, men convicted of major crimes, or men who voluntarily sheltered Confederate troops or spies during the Civil War. The bill, vetoed by President Johnson on Jan. 5, was overridden by a vote of 29 to 10 in the Senate and by a vote of 112 to 38 in the House of Representatives.

1964 – Maj. Rudolf Anderson Jr., the only casualty of the 1962 Cuban Missile Crisis is awarded the Air Force Cross.

January 9

1861 – A Union merchant ship, the "Star of the West," is fired upon as it tries to bring supplies to Fort Sumter in Charleston Harbor. This incident was the first time shots were exchanged between North and South but it not trigger the Civil War.

January 10

1946 – An Army R-5 sets an unofficial world helicopter record of 21,000 ft.

ALCON:Normal

A general condition reflecting responsible alcohol use.

30th OG	0	30th LG	0
30th MSG	1	14th AF	0
30th MDG	0	381st TRG	0
30th SW	0	576th FLT	0
614th OG	0	Other	0

DUI totals for the year: 1
AADD saves: 0
Days since last DUI: 7

FITNESS:

From page A1

Mr. Grier said those individuals who score poorly on the test must attend a healthy living workshop and do a mandatory workout three times a week. They will be scheduled to retest within six months.

There are many options for airmen wishing to improve their physical fitness, Mr. Grier said. The fitness center offers personal trainers who can teach people how to work out properly and the Health and Wellness Center has dieticians who set up a meal plan to help people become healthier individuals.

The Services Center also offers a number of aerobic classes to improve fitness.

For people who are on profile, there are options available too.

"If a person is unable to make the run they must still complete the bike test," Mr. Grier said. "We send out a screening test about a month prior to the testing date to determine who is at risk for not passing the test and then depending on the results of the questionnaire their doctor will determine whether they'll be required to do the run or the bike test."

There is nothing for anyone to worry about if they work hard at getting prepared for the test, Mr. Grier said.

"The warfit program is a good thing because since it began, there are a lot more squadrons working together and a lot more emphasis is on fitness."

With airman deploying alongside the other services, and doing the same jobs that require healthy individuals, the emphasis on fitness has become a priority. To meet the standards and demands of today's combat readiness requirements, airmen are expected to maintain a level of fitness that matches the tasks they perform.

Unit physical training leaders will notify all units regarding when they are expected to test and they are also available to answer any questions concerning the test.



PHOTO BY STAFF SGT. CHUCK WALKER

Tech. Sgt. Scott Seyer, 30th Space Communications Squadron prepares for the new physical fitness test Tuesday. The 30th SCS along with the 30th Space Wing, 30th Comptroller Squadron and 30th Medical Group are among the first Vandenberg units to take the test this month.



AFMC improves deployment process

■WRIGHT-PATTERSON AFB, Ohio — Air Force Materiel Command officials fielded a tool in the summer designed to help people keep better track of their deployment information and they said it is already making a difference.

The Deployment Qualification System is a Web-based tool providing units with capabilities they have never had before, such as timely and accurate information integration across functional areas, e-mail notifications for expiring training and daily summaries for unit deployment managers.

The system gives individuals access to their current deployment-readiness status, including prerequisites like self-aid and buddy care, chemical-warfare training and weapons qualifications, said Maj. Jeff Stephan, DQS program manager. Unit deployment managers are happy to receive expiration reminders for their law of armed conflict training or self-aid buddy-care training, he said.

“The self-service approach automates administrative steps in our processes and has proven effective in industry,” he said.

Other improvements, based directly on user feedback, included reminders e-mailed to course enrollees before scheduled courses, a course roster e-mail sent to training providers when registration closes out, and new UDM and commander reports. The reports put total numbers in perspective by summarizing individual readiness by air and space expeditionary force windows and priority.

Second language just what doctor ordered

BY CAPT. CARRIE CLEAR
447th Air Expeditionary Group Public Affairs
■BAGHDAD INTERNATIONAL AIRPORT, Iraq — Imagine how frightening it must be to lie in a hospital bed and not be able to understand the people taking care of you. Now imagine how frustrating it would be if you are the doctor or nurse trying to care

for a patient who cannot tell you where they hurt.

A call went out Jan. 3 for anyone who spoke Bulgarian or Russian to help medical professionals at the 447th Expeditionary Medical Squadron here. They needed to gather information from three Bulgarian soldiers who were injured when a suicide bomber drove a fuel truck into their building.

Airman 1st Class Eyal Filkovsky, of the 447th Air Expeditionary Group, answered the call. He learned Russian as a child.

Upon his arrival at EMDS, Airman Filkovsky was whisked into the tent to gather information the doctors needed to treat their patients.

“I was pulled in several directions at once,” he said. “The doctors said to tell (the Bulgarians) they would be OK and to get their names, date of birth and find out if they had any medical allergies.

“You hear about things on the news but don’t realize how real it is until you see it first hand,” Airman Filkovsky said. “When you see the outcome, it makes you appreciate life more.”

Airmen provide humanitarian relief

BY TECH. SGT. BRIAN DAVIDSON
455th Expeditionary Operations Group Public Affairs
■BAGRAM AB, Afghanistan — An adolescent Afghan girl watched protectively over a group of small children as they looked for winter clothing amidst a pile of boxes containing humanitarian relief supplies. As crowds of people from neighboring villages pressed their way forward, the girl stood her ground and pushed people back from the children.

The supplies were delivered to Jangadam Village Dec. 31 by 455th Expeditionary Operations Group airmen as part of their “Adopt a Village” program.

The mood was tense among the airmen unloading supplies as people began to tear at the boxes. Security forces airmen kept the situation from getting out of hand to ensure the supplies went to the intended recipients.

“It was a bittersweet experience to say the least,” Sydnor said. “On the one hand we are proud as Americans to provide assistance to the less fortunate, because that’s

part of our nature.

But it also saddens us because of the poverty and conditions these fellow human beings live under. To see people so desperate for things that we take for granted is very humbling.”

The airmen of the 455th EOG are deployed to Afghanistan on a mission to engage and capture terrorists, and to significantly reduce the chance for future attacks on America and the rest of the world. They are also here to provide an environment of peace and stability and to help the Afghan people grow, prosper and be free.

The Adopt a Village program is aimed at this second mission.

“Naturally, I was a little apprehensive about going (off base), but I was put more at ease when I saw the smiles and received the handshakes and well wishes from the villagers,” Sydnor said. “I only wish the media at home placed more emphasis on the great things American military members are doing over here. The people I encountered today were not terrorists but human beings searching for happiness and peace in their lives.”

FDA issues ephedra alert

BY G.W. POMEROY
Air Force Surgeon General Public Affairs

■WASHINGTON — Following an FDA alert, Air Force Medical Service officials are once again “strongly advising” airmen to contact their physicians or health-care providers before taking dietary supplements containing ma huang, ephedra or ephedra alkaloids.

Food and Drug Administration officials have issued a consumer alert on the safety of dietary supplements containing ephedra that calls for consumers to immediately stop buying and using ephedra products.

“We are taking action today to notify Americans about the unreasonable risk of ephedra as currently marketed in dietary supplements,” said Dr. Mark B. McClellan, FDA commissioner. “Our action is based on diligent and thorough work by the agency as required by the challenging legal standard in the dietary supplement law.

“We worked hard to obtain and review all the available evidence about the risks and benefits of

ephedra, including its pharmacology, studies of ephedra’s safety and effectiveness, adverse event reports, and reviews by independent experts,” Dr. McClellan said.

In February, a jury in Austin, Texas, determined that ephedra use was at least 50-percent to blame for the death of a 24-year-old Charles Bryant Scurlock II, of Round Rock, Texas. Mr. Scurlock collapsed and later died after a two-mile run for an Army National Guard physical fitness test in 1999. The jury awarded \$1 million to the plaintiffs.

In September 2002, the Air Force surgeon general issued a revised policy covering dietary supplements containing ephedra that strongly discouraged the use of such supplements and highlighted associated risk factors.

In November 2002, the Air Force’s surgeon general issued a notice to airmen on the potential risks associated with dietary supplements containing ephedra, following the death of a young airman.

These medical notices are released by the AFMS clinical quality management division to disseminate lessons learned from medical incident investigations and other pertinent events.

Operation Hero Miles expands

BY ARMY SGT. 1ST CLASS DOUG SAMPLE
American Forces Press Service

■WASHINGTON — Alice Rodgers, a single mother, paid more than \$1,000 for round-trip tickets from Tipton, Iowa, so she and her daughter, Lindsey, could visit her son. He is recuperating at Walter Reed Army Medical Center here from wounds he suffered in an ambush in Iraq.

However, when Rodgers returns for her next visit, the trip will be far less expensive — it will cost her nothing.

During a press briefing at the hospital Dec. 30, Maryland Rep. C.A. “Dutch” Ruppersberger handed 680 free airline tickets to David Coker, executive director and vice president of operations at the Fisher House Foundation.

The congressman said the free airline tickets are part of a new expansion of Operation Hero Miles, a program he created to provide airline tickets to servicemembers on emergency or rest and recuperation leave.

The donated airline tickets will be available to relatives or friends of inpatients as identified by the wounded or injured servicemembers and validated by the medical center staff.

The program includes complimentary airline tickets only. There are no provisions for assistance with local travel, overnight accommodations, meals or other expenses, officials said.



PHOTO BY AIRMAN 1ST CLASS ALICIA SARKKINEN

Ready for radio

SOUTHWEST ASIA - Staff Sgt. Juan Lara prepares a radio antenna bracket to be installed on the new operations group building at a forward-deployed location Dec. 28.

Sergeant Lara works as a ground radio technician. He is assigned to the 379th Expeditionary Communications Squadron.



PHOTO BY AIRMAN 1ST CLASS NICHOLE ADAMOWICZ



PHOTO BY AIRMAN 1ST CLASS JOE LACDAN

Slide for life

WHITEMAN AIR FORCE BASE, Mo. — Airman 1st Class Jessica Stacks exits the bottom of a Baker Life Chute during a control-tower evacuation exercise here. About 40 people participated in the exercise. The 116-foot chute can be used for evacuations during emergencies like fires and bomb threats. Stacks is an air traffic controller with the 509th Operations Support Squadron.

Standing guard

SOUTHWEST ASIA — Airman Michael Holder stands guard as a herd of camels cross the road during a convoy Dec. 29. Animals such as camels can carry improvised explosive devices, and security forces airmen must treat them as hazards.

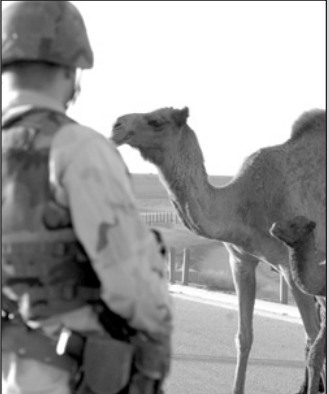


PHOTO BY STAFF SGT. C.E. LEWIS

Sports Briefs

HOLIDAY FAMILY WALK

The Holiday Family Walk is offered to those wishing to walk off extra holiday pounds. For a map of the course stop by the fitness center.

MOMS - 2-BE EXERCISE

The exercising during pregnancy class is offered at the HAWC and gives expectant Moms the guide-lines for staying fit while pregnant. The class is is offered quarterly. Call the HAWC at 606-2221 for more information.

RUNNER SAFETY NOTICE

Every Tuesday and Thursday from 7:10 to 7:40 a.m. 120 members of the 30th Civil Engineer Squadron practice a 1.5-mile run that involves crossing Washington Ave between South Dakota Ave and Alaska Way.

This course also involves running along the sides of these streets. For safety precautions, road guards and traffic cones are used to direct traffic away from runners. Please look out for the runners, road guards and use caution.

POOL OPENED

The maintenance work has been completed and the pool has resumed regular hours.

LAP SWIMMING

Lap swimming is offered at the base pool from 10 a.m. to 1 p.m. Monday-Friday,

WATER AEROBICS

This class is offered from 1 to 1:45 p.m. Monday, Wednesday, and Friday at the Services Center.

YOUTH GOLF LESSONS

Marshallia Ranch Golf course holds youth golf lessons at 1:30 p.m. Saturdays for youth ages eight and up. The price is \$5 per session including the use of a rental club set and range balls.

CGO COURSE RUN

The Company Grade Officer Course run is at 3:30 p.m. Wednesdays at the obstacle course. Call 2nd Lt. Korinne Houston at 605- 0782 for more information.

GET FIT IN 2004 CONTEST

The Health and Wellness Center and fitness center are having a before and after contest called "Get Fit for 2004." The contest will start Jan. 26. Initial assessments on these individuals will be performed at the fitness center Jan. 21-22 from 8 to 10 a.m. and noon to 2 p.m. Jan. 23. For more information or to sign-up, call the HAWC at 606-2221.



PHOTO BY STAFF SGT. SHELLEY GILL

Staff Sgt. Patricia Keen, 40th Air Expeditionary Group manpower specialist, manages more than 800 duty positions at a U.S. Central Command location in support of Operations Enduring and Iraqi Freedom. Sergeant Keen deployed from here in October.

Manpower queen moves, shakes troop requirements

BY STAFF SGT. KATHLEEN FERRERO
40th Air Expeditionary Group Public Affairs

Because global defense requirements change constantly, American citizens depend on military manpower specialists to ensure their tax dollars put troops where they’re most needed.

The commander of the 40th Air Expeditionary Group depends on Staff Sgt. Patricia Keen to determine his manpower needs for the B-1B Lancer mission in support of U.S. Central Command execution of the War on Terror.

“Staff Sgt Keen is a tremendous asset to the 40th AEG. She is the driving force behind all our manpower requirements and these requirements need constant oversight and adjustment as the mission evolves. Her energy and dedication to the mission are exceptional,” said Col. Tim Leaptrott, 40th AEG commander.

Sergeant Keen deployed from Vandenberg in October. Upon arrival, she faced the unique challenges of a deployed environment.

“But the people here and the job I have now gets me out and working with more of the unit,” she said.

When she’s not comparing requirements to resources and offering recommendations to the Air Force’s chain of command, Sergeant Keen works to improve her surroundings. She’s known throughout the camp for her carefully-decorated, “Survivor”-themed tent. She also plans to revive the junior enlisted leadership club.

Because this is her first deployment away from family during the holidays, the wife and mother of three takes advantage of e-mail, free postage and videophones to stay connected.

“I collected some things from the island and sent them home so they could have them for show and tell at

school,” she says with glistening eyes. “I also listen to the things they want and order them online to be sent to them. It says a lot when they get something they had only mentioned. When they play with it, even though I am not there, they remember me.”

Although the separation stresses her family, Sergeant Keen’s enthusiasm to serve her country remains unwavering.

“I volunteered. It’s not a 9 to 5 job, but it’s a very busy and important role keeping America safe and free!” she said.

Support from fellow Americans also contributes to morale, she said.

“After spending three months to a year in a foreign country sleeping on the side of the road in our clothes from yesterday, when we get home and people greet us or thank us, it makes the time spent away a thing of the past,” Sergeant Keen said. “I am proud to be an American.”

Intramural Sports

Winter Softball

Team	Wins	Losses	Team	Wins	Losses	Team	Wins	Losses
SFS No. 1	9	2	NRO	4	5	WS	6	
SFS No. 2	7	4	14AF	0	5	533RD	3	5
CES No. 1	7	3	HAWKS	5	3	576TH	4	8
CES No. 2	5	6	1 ASTS	11	0	392ND	3	7

7



Los Olivos: high society meets country living

By 1st Lt. Michelle Mayo
30th Space Wing Public Affairs

“Do you want to taste wine?” I asked my husband as we stood in front of a tasting room.

“Not really,” Svein replied.

Hmmm, not the answer I was looking for.

“You have to taste some,” I told him.

“We drove all this way.”

“Besides, I’ve got to take photos for this article that I’m writing.”

So it was that my poor, put-upon husband was “forced” to taste wine in Los Olivos.

He got to taste a variety of regional wines – six for \$4.

I got to wrestle with a camera and a tired, wriggly 5-month-old child.

Quite frankly, I think Svein had the more enjoyable deal.

The main street in Los Olivos is lined on either side with art galleries, restaurants and wine tasting rooms.

We had decided to stop into the Los Olivos Vintner’s tasting room. As Svein was beginning his tasting, Lt. Col. Ray Chamberland, Staff Judge Advocate, and his wife walked in.

They told us that they were members of Los Olivos Vintner’s Association and that we had made a good choice. In fact, he said he knew of quite a few people from Vandenberg who were members of that particular wine tasting association.

Svein certainly seemed to enjoy himself.

The one tasting turned out to be a good deal, because Svein was able to taste six more wines for free at the Arthur Earl room next door.

Los Olivos is not just about wine, though.

It’s a quaint town of about 1,000 people with old-fashioned buildings nestled in the foothills on Highway 154. It was founded in 1861 as a stagecoach stop.

It’s easy to imagine what it must have been like in those days. The quaint



PHOTOS BY 1ST LT. MICHELLE MAYO



(Left) Jesse at the Los Olivos Vintner’s Association Wine room pours a glass of regional wine for Svein Tovik to taste. (Above) Horse ranches abundant in the area surrounding the small township of Los Olivos.

Directions to Los Olivos

Leave the base and head to Lompoc. Take CA-246 east to Bulleton. Get on Highway 101 north drive 5 miles. Take CA-154 and turn right on San Marcos Pass Rd and drive 3 miles to Los Olivos.

tours ranging from 10 minutes to an hour. You decide how much you want to tip the horse, Rex, for your tour.

You can also pick up brochures for a walking tour at almost any of the stores. I didn’t find that out before I left, so we didn’t do that.

We also decided to forgo the carriage tour since I was hungry.

Although there are several highly recommended cafes and restaurants in Los

Olivos, we didn’t get to try any of them.

Los Olivos is apparently a popular spot for visitors and was packed on the Saturday we were there. The minimum wait was half an hour for a table, so we decided to eat at a steak restaurant in Buellton.

Los Olivos is only a short distance from the base and an interesting place to visit. I would recommend going early if you want to eat lunch.

buildings are fashioned in the style of the late 1800’s and the town is a little bit dusty, much like the stagecoach days – without the cars, of course. It looked a little bit like an Old West movie-set to me.

Svein loves to look at art, so he enjoyed wandering through the many galleries.

We don’t pretend to be art experts, but it was fun to look at paintings and sculptures created by local artists, and there were a few nice pieces.

One unexpected surprise was the sculpture garden behind the Judith Hale Gallery. The sculptures were made of recycled metal and old parts. We spent an inordinate amount of time in the garden as I found the sculptures interesting. It’s quite amazing to me that people can turn beat-up metal into recognizable art.

For people interested in learning about the history of the town, there are horse-drawn carriage rides with the Los Olivos Carriage Company. They have



Destinations Central Coast WANTS YOU!

Have you visited a Central Coast destination lately? Share it with the rest of Team V! Send in a 400 - 600 word rough draft about your adventure! Send submissions to: space&missiletimes@vandenberg.af.mil

Community Calendar

9 FRI

Women soccer players needed – The Vandenberg Women’s Arena Soccer team is recruiting active-duty members and dependents for the upcoming season beginning Monday. For more information, call 606-1250.

Pharmacy Automated System – A new pharmacy automated system is being implemented at the Vandenberg clinic. Patients may experience an increase in waiting times for the next three to six months. Call 606-7440.

Grant program – the General Henry H. Arnold Education Grant program awards \$1,500 college education grants to eligible candidates. Visit the Air Force Aid office at the family support center or the society’s Web site, www.afas.org for information or an application for this grant.

Youth Basketball

scholarships – Applications are located at the youth center and base library.

9 FRI

Cell phone collection – Family Advocacy is collecting used cell phones and accessories to be recycled for people involved in domestic violence. Collection boxes are located at the commissary, base exchange and medical clinic. Call 606-8217.

Low walk-up fares – American Airlines expanded its military fares through next fall. The fares include no advance-purchase requirements and no change fees. Call (800) 433-7300.

Hunters Against Hunger – donate wild game to the needy. Call 606-6804.

Hebrew, Bar Mitzvah – classes are available. Call 734-3311.

Free car seats – to E-4 and

below. Call 606-5338.

9 FRI

The Vandenberg Airmen’s Attic – needs donations of items necessary to set up a household. The program is open to military personnel E-5 and below with an Air Force Form 552 from their first sergeant. Call 606-5484.

G.I. Java seeks musicians – the G.I. Java wants local musicians to play at the coffeehouse during business hours. Solo performers and bands are welcome. Call the chapel at 606-5773 for an audition.

Gift of Groceries program – The Defense Commissary Agency offers a gift certificate program that allows anyone to purchase commissary gift certificates to donate to military families through charitable organizations or give directly to

military friends and family. Gift certificates are available online at www.commissaries.com.

9 FRI

Marriage enrichment counseling – offered on a one-on-one basis for married and unmarried couples. Call 606-9958.

Dads-to-New Dads and Moms-to-New Moms programs – These mentorship programs offer support to new moms and dads. Call Nancy Sias at 606-5338.

10 SAT

Great American Train Show – 11 a.m. to 5 p.m. Saturday and Sunday at the Earl Warren Showgrounds in Santa Barbara. Adult admission is \$7 and children under 12 are free.

12 MON

Relaxation room – 8:30 a.m. to 3:30 p.m. Monday through Friday at the Vandenberg

Health and Wellness Center. Call 606-2221 for an appointment.

13 TUE

Anger Management course – 2 to 4 p.m. Tuesdays through Jan. 27 at the Health and Wellness Center. For more information, call 606-8217.

Vandenberg Retiree Activities Center – Open 10 a.m. to 2 p.m. Tuesday through Friday in building 10346 in the base exchange shopping center. Call 606-5474 for more information.

Youth sign language classes – 3 to 3:50 p.m. Tuesdays and Thursdays at the education center room E-4. The class is for children in third through fifth grades. Call (805) 734-0452, for more information.

Baby Meet – 9 a.m. Tuesdays and Thursdays at the religious education center, building 16140. Baby Meet offers discussion

and socialization for expectant parents and those with newborn babies through two years old. Call 734-1461, for more information.

14 WED

Dr. Martin Luther King Jr. celebration – noon Wednesday at Chapel 1. Call 605-3544, for more information.

Partners Assisting in Reading – 2:55 to 3:30 p.m. Wednesday in the Crestview Library. For more information, call 734-1651.

Playtime for Tots – 10 a.m. Wednesdays at Cocheo Park. The playgroup is for children age two through five. Call 734-2098, for more information.

Partners Assisting in Reading – 2:55 to 3:30 p.m. Wednesday in the Crestview Library. Call 734-1651, for more information.

Hi-Way Drive-in
Santa Maria Ph. 937-3515
GEN. ADM. \$5 KIDS 4-11 \$1

CHASING LIBERTY PG-13 7:00 p.m.
CHEAPER BY THE DOZEN PG

Parks Plaza Buellton
Buellton Ph. 688-7434

SOMETHING'S GOTTA GIVE PG-13
DAILY 2:00-4:30-7:00 FRI 9:30
SAT-SUN 11:30-9:30
CHEAPER BY THE DOZEN PG
DAILY 2:00-4:30-7:00 FRI 9:30
SAT-SUN 11:30-9:30
CHASING LIBERTY PG-13

DAILY 2:00-4:30-7:00 FRI 9:30
SAT-SUN 11:30-9:30
BIG FISH PG-13
DAILY 2:00-4:30-7:00 FRI 9:30
SAT-SUN 11:30-9:30
LORD OF THE RINGS:
THE RETURN OF THE KING PG-13
DAILY 3:00-7:15 SAT-SUN 11:00

Movies Gemini
Lompoc Ph. 736-1306

PAYCHECK PG-13
DAILY 4:30-7:00-9:30 SAT-SUN 11:30-2:30
PETER PAN PG
DAILY 4:30-7:00-9:30 SAT-SUN 11:30-2:30

Movies Lompoc
Lompoc Ph. 736-1558

CHASING LIBERTY PG-13
DAILY 4:30-7:00-9:30 SAT-SUN 11:00-2:30
CHEAPER BY THE DOZEN PG
DAILY 4:30-7:00-9:30 SAT-SUN 11:30-2:30
BIG FISH PG-13
DAILY 4:30-7:00-9:30 SAT-SUN 11:30-2:30
LORD OF THE RINGS:
THE RETURN OF THE KING PG-13
DAILY 3:00-7:30 SAT-SUN 11:00

General Admission \$7 kids and seniors
\$5 All shows before 5:30 p.m. \$5. Movies
and times subject to change

Call Edwards Santa Maria 10 for movie listings (800) 326-3264

The Vandenberg Thrift Shop is open
Tuesdays, 9:30 a.m. to 2 p.m. and
Thursdays, 11 a.m. to 6 p.m.
Call 606-3128 to find out more.

The shop is located next to the skills development center in Bldg. 11180. They always need volunteers.

30th Services News

PACIFIC COAST CLUB

Begins Saturday!

'18 & over Night'

10 p.m. to 3 a.m.

The best of R&B, Hip Hop, Old School
with
'Danny G & Company'
featuring
Davey D. & DJ Cyber Kid
The #1 Radio Team on the Central Coast!

DRINK SPECIALS
GIVE-AWAYS
MEMBERS FREE
all others \$3

VAFB LEISURE TOURS

Carnival Cruises

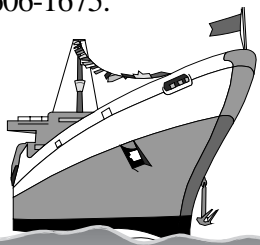
Baja Mexico -

3-days - from \$242
Certain departures from January through
the end of the year. Departures Friday,
return Monday.

Catalina -

4-days - from \$205
Certain departures beginning today
through end of the year. Departures
Monday, return Friday.

For more information on these or other travel
specials, call 606-1675.



SKILLS DEVELOPMENT

Classes & Workshops

Tuesday -

Basic Framing (8"x10" project)
\$20 + materials. 6 to 8:30 p.m.

Wednesday -

Stained Glass Workshop
\$2.50 per hr. + cost of materials.

Thursday -

Scrapbooking Workshop
\$2.40 per hr. + materials. 6 to 8 p.m.

For more information, call Skills Development
at 606-9487.

YOUTH SPORTS

VAFB Youth Sports SIGN UPS

BASEBALL - Boys & Girls, ages 5 to 13

Registrations: Begin Thursday
Youth Center Monday through Friday 7 a.m. to 5 p.m.
Cost: \$55 (\$50 Youth Center members)
Skills Day: Feb. 21 at the Baseball Field
(behind the Child Development Center)

SOFTBALL - Girls, ages 8 to 13

Registrations: Begin Thursday
Youth Center, Monday through Friday, 7 a.m. to 5 p.m.
Cost: \$55 (\$50 Youth Center members)
Skills Day: Feb. 14 at Softball Field No.2
(behind the Child Development Center)

COED TEEN SLOW PITCH SOFTBALL - League Ages 14 to 16

Registrations: Begin Thursday
Youth Center, Monday through Friday, 7 a.m. to 5 p.m.
Cost: \$55 (\$50 Youth Center members)
Skills Day: Feb. 14 at Softball Field No.2
(behind the Child Development Center)

Volunteers coaches are needed for both sports.
For information, call the Youth Center, 606-2152.

GET FIT FOR 2004

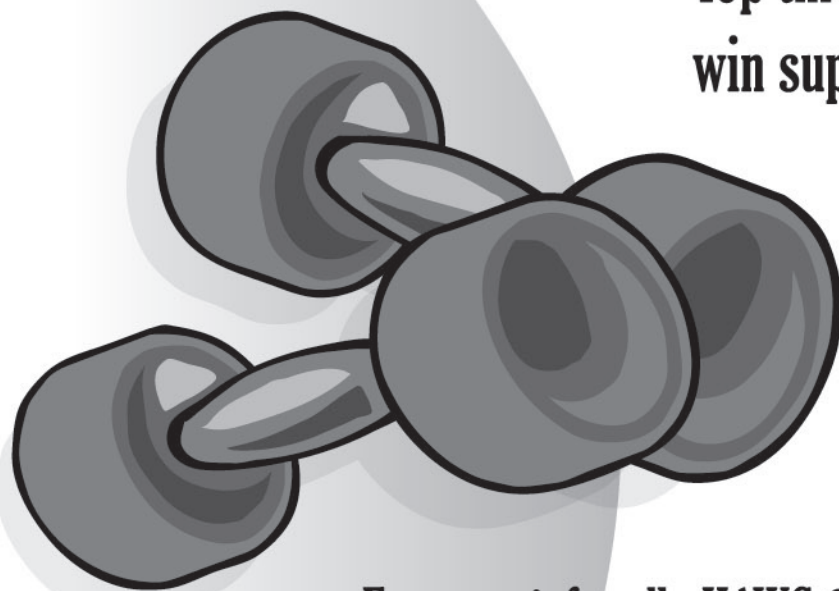


Looking to lose a little weight?

Want to get in better shape?

Start the new year right
with our 8-week fitness contest

- Fitness Assessment - Before & After
- Receive your exercise 'Prescription' to help you get fit for 2004
- Top three male and female participants win super prizes!



Beginning
**January
26th**

For more info call: HAWC 606-2221 / Fitness Center 606-3832

FOOD SERVICE

Join us for the...

QUARTERLY



Birthday Meal

at Breakers

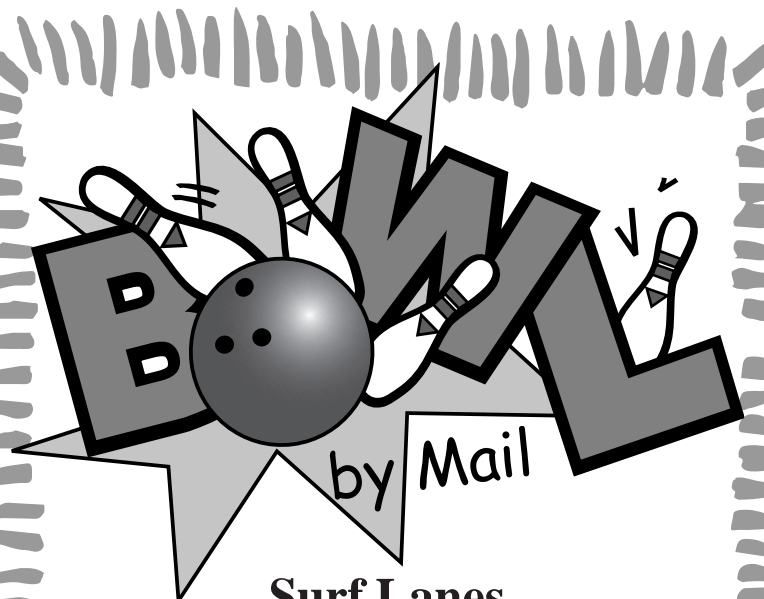
Thursday

Invited are members with birthdays
in the months of October, November
and December

Doors open at 5 p.m.
with meal served at 5:30 p.m.
by Team Vandenberg Commanders,
Chiefs and First Sergeants.

For more information, call Staff Sgt. Lopez
or Staff Sgt. Miller at 606-5496.

YOUTH CENTER / SURF LANES



Surf Lanes

January 19 • noon to 3 p.m.

Ages 5 to 8, 3-game series, \$2.25
Ages 9 to 18, 3-game series, \$3

Scores will be submitted to
MAJCOM to compete against
other Air Force youth
from around the world!

Trophies will be awarded for
high series and high game
in each age category.

For more information, contact:
Youth Center, 606-2152 or Surf Lanes, 606-3209.